TORY RANKS BUOYED BY ECONOMY, PG 4

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No answers from Palin as she leaves

ALASKA Republican Sarah Palin stepped down as governor of Alaska yesterday, vowing in a farewell address to continue fighting for Alaskans but giving no hint on whether she will seek an elective office again.

The 2008 losing vice-presidential nominee transferred power to new governor Sean Parnell during a ceremony in Fairbanks, Alaska, leaving office with her political future clouded by ethics probes, legal bills and dwindling popularity.

Sarah Palin

Palin's surprise announcement on July 3 that she would step down with 18 months to go in her term touched off speculation about her next move and whether she would be a U.S. presidential contender in 2012.

REUTERS

Entertainment pg 13

Celebs hit Comic Con

Sports pg 10

Spaniard tops at Tour de France

Paskapoo Downhill Rodeo

Rolling along

ROBIN KUNISKI FOR METRO CALGARY

Hugh Kibbling takes the last ride standing up during the final runs of the Paskapoo Downhill Rodeo, held at Canadian Olympic Park over the weekend.

Cups of courage

1,200 locals participate in Weekend to End Breast Cancer events

AMY GREGSON
for Metro Calgary

Team members of Cups of Courage walked hand-in-hand across the pink carpet as they finished the last few steps in their 60-kilometre journey.

The four women ended their Weekend to End Breast Cancer trek to cheers from hundreds of spectators yesterday.

Team captain and breast cancer survivor Lorie Bonin-Sandford, along with three friends, walked alongside 1,200 other participants in the fifth annual two-day event.

"I can't think of a better weekend," said Bonin-Sandford. "It's very uplifting."

ROBIN KUNISKI FOR METRO CALGARY

Kathy Baehr, Darlene O'Keefe, Denise Ries and Lorie Bonin-Sandford of the team Cups of Courage.

Bonin-Sandford said she never expected to have breast cancer, and never found any lumps. It was a routine mammogram in January 2008 that diagnosed her with breast cancer. She got the necessary surgeries and is now in the re-building phase.

"Always check yourself and go for your routine mammograms," said Bonin-Sandford. "It's not always a lump you will find, but the mammogram will find something if it's starting."

Cups of Courage raised approximately $10,000, while more than $3 million dollars was raised in Calgary. Linda Mickelson, CEO of the Alberta Cancer Foundation, said that the way to put an end to breast cancer is through research.

"Every dollar we invest brings us closer to putting an end to breast cancer," said Mickelson.

In the past four years, $21 million has gone into cancer research and breast screening programs as a result of the Weekend to End Breast Cancer, said Mickelson.

Delay in banning pesticides 'a concern'

JOEL MESSNER
for Metro Calgary

BYLAW DEBATE With uncertainty and numerous delays, Calgary's proposed bylaw to eliminate the cosmetic use of pesticides could be just around the corner.

Organizations in support of the bylaw such as the Clean Calgary Association have been worried about the delay of putting the bylaw into effect.

"(The delay) is definitely a concern, and it's a concern amongst the organizations that had really worked toward the bylaw, so it was certainly a concern that it got really delayed," said Natalie Odd, the executive director of the Clean Calgary Association.

Although there has been a delay on the bylaw, Clean Calgary has said they've been assured by the city that they will be presenting a draft bylaw in October.

This means that the bylaw won't play a factor in this year's lawn and garden keeping season but has the potential to affect next year.

City hall battled over the banning of cosmetic pesticides on residential properties late last year and a bylaw was drafted from that discussion.

Several city pesticide applicators have been opposed to the bylaw implementation, saying it will significantly curb their business and reduce profits.

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$2M for upgrades to QEII highway
The federal and provincial governments announced Saturday $2 million for infrastructure upgrades for the QEII highway near Bowden. The improvements, including repaving and reconstruction, will help improve transportation efficiency and create local jobs, the province said. METRO CALGARY

Local

First-year driver takes Edmonton Indy

Will Power, a 28-year-old, first-year driver for Penske Racing, took his first Indy car victory after going nearly wire-to-wire to win the Rexall Edmonton Indy in the capital city yesterday. During the race, Brazilian driver Tony Kanaan was injured after fuel in his pit ignited, causing apparent burns to his body. METRO CALGARY

Calgary in brief

FOUND DEAD According to RCMP, four family members have been found dead in a home in the northern Alberta town of Smith, near Slave Lake. The RCMP has not ruled out a murder-suicide, but did say that they are looking for and seeking any suspects.

CANINE A dog was rushed to a veterinary clinic Saturday, after neighbours noticed it was tied up in the backyard of a southwest home without food or water in temperatures hovering around 30 C. Animal and bylaw services are investigating it as a case of animal cruelty.

MEMORIAL Classmates and family gathered for a funeral Friday for Kylie Doxtater, one of the two 18-year-old women killed in a tragic car wreck in Washington state last week. Calgarians Doxtater and Mikelle Hendrickson were killed when the car they were passengers in veered off the road.

FIGHT Police said two men taken to hospital with critical injuries, including one man who dropped six stories to a third-floor balcony, will survive. Initial investigations seem to point to a love triangle at the root of the altercation involving two men and a woman.

GAMES More than 1,000 athletes from around the province gathered over the weekend in Airdrie for the Alberta 55-Plus Summer Games. Athletes competed in 17 different sports, and winners go to the Canadian finals in Brockville, Ont. in 2010.

FREEZE The province announced Friday a hiring freeze for all non-essential jobs within the Alberta government in order to find $2 billion in savings for the upcoming year. METRO CALGARY

Folk music fest wraps it up

About 50,000 attend sold-out performances over four days

AMY GREGSON
for Metro Calgary

Lisa Peters slept outside the gates of the Calgary Folk Music Festival in Prince's Island Park Saturday night to get the closest spot possible to the front of the main stage.

Peters was saving the spot for her aunt to see Sunday's headliner Loreena McKennitt, an Ontario musician influenced by Celtic and Middle Eastern music.

"In order to get good seats you have to sleep outside or be here at 4 a.m.," said Peters. She wasn't the only one saving spots for the closing act of the 30th annual Calgary Folk Music Festival, as the entire grass area in front of the main stage had been taken up by tarps and lawn chairs by mid-afternoon.

Artistic director Kerry Clarke said that the festival was sold out each day and that approximately 50,000 were expected over the four days. "We bring some amazing, special and unique artists to town and we want people to see them," said Clarke.

Acts to grace the six stages included Sarah Harmer, Steven Page from the Barenaked Ladies and Arrested Development.

The only notable issue was the cancellation of headliner Michael Franti on Thursday night because of a ruptured appendix.

Single day tickets for Thursday will be refunded until Wednesday at Ticketmaster or the folk festival office.

ROBIN KUNISKI/FOR METRO CALGARY

Heather Mattson, 24, and Clayton Montoya, 23, move their bodies to the music at the 30th annual Calgary Folk Music Festival held on Prince's Island over the weekend.

Alderman wants plan for future assets

PLANNING With Calgary expanding by another 22,563 people, a growth in infrastructure needs may also not be far away.

A notice of motion at city hall today will ask council to step back and look at their current assets, to plan for future ones.

"The city has $35 billion in assets, and that's a lot of assets, but we also have an infrastructure deficit so there are plenty of needs that aren't being satisfied, things like roads and transit," said Ald. Bob Hawkesworth.

Hawkesworth said even though the city does have a large amount of assets, because of the city's growth, they're still under pressure to build more.

Hawkesworth's motion will ask council to catalogue all of the city's assets and come up with a plan on how the city manages them, commits to them and finances them.

"As we're trying to accommodate growth we are not being proactive about this issue, so we don't always know when we make a decision on a new area of the city whether it is going to cost city taxpayers," said Hawkesworth.

JOEL MESSNER
/FOR METRO CALGARY

Alberta RCMP to review B.C. Taser recommendations

REPORT The recommendations from a public commission in B.C. regarding Taser use, will not be effective in Alberta said RCMP.

Cpl. Wayne Oakes from the Alberta RCMP said they will take a look at the recommendations that have come out of B.C. before deciding anything.

Oakes said that there may be some good recommendations in the ruling, but that they first must be discussed between the RCMP and the Alberta Solicitor General.

The 19 recommendations from the B.C. decision are only valid for that jurisdiction. They include that Tasers should only be used to enforce federal criminal offences and if the subject is causing bodily harm.
AMY GREGSON/FOR METRO CALGARY

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What's online today.

Video Despite recent good news, market volatility is still a real threat for investors at **metronews.ca/canada**

Video Aboard the International Space Station, Julie Payette talks about preparing to return to Earth at **metronews.ca/canada**

Lotteries

Friday, Jul. 24
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Saturday, Jul. 25
Lotto 6/49: 10, 19, 29, 32, 38 & 44 Bonus 03
These results are not official.

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Feds promise to assert Arctic sovereignty

The federal government has promised to assert Canada's sovereignty over its resource-rich Arctic lands and waters while it addresses the need for jobs, housing and a clean environment in the North, CBC News Online reports. METRO NEWS SERVICES

Canada/World

Tories buoyed by forecast

If Prime Minister Stephen Harper and his fellow Conservatives look relieved this week, they can thank Mark Carney for lifting their spirits — and perhaps their political fortunes.

With his prediction that the recession is nearly over, the Bank of Canada governor served up some welcome good news just in time for this week's Conservative caucus retreat.

His forecast is sure to prompt some back-patting as Harper and his MPs take credit for the emerging turnaround. Finance Minister Jim Flaherty began the boasting last week when he declared the economy had "stabilized" and that growth was around the corner.

"All of these are good indicators that the plan is working and we're seeing the beginning of economic recovery," Flaherty said, adding that he expects Canada to emerge from the recession stronger than the United States.

Still, the mood of Wednesday's Conservative retreat is unlikely to match the bullish atmosphere of last year's caucus session, when Harper taunted Stéphane Dion, then the Liberal leader, to face him in the polls.

TORSTAR NEWS SERVICE

Halifax Metro's got pride

RYAN TAPLIN/METRO CANADA

Metro Halifax celebrated the Halifax Pride parade Saturday by entering Metro representatives into the parade and hosting a Metro relaxation tent.

News in brief

LABOUR Via Rail trains were to start up again late yesterday after a two-day strike that threatened to disrupt holiday traffic. The company and union said yesterday they had agreed to start binding arbitration. Via had started cancelling trains last week and was already sending out layoff notices to workers. It said train services would resume, and the layoff notices were cancelled. REUTERS

Tough challenges ahead for new AFN chief

FocusOn FirstNations

NATIVE AFFAIRS Staggering poverty, unemployment and unresolved treaties are among the challenges facing Shawn Atleo, the new national chief of the Assembly of the First Nations.

Last week, Statistics Canada released a report showing that the disproportionate number of adult aboriginals in jail is related in part to poverty and lack of education. They made up 22 per cent of the prison population in 2007-08, even though they accounted for just three per cent of Canadians.

Associated with poverty levels, overcrowding, and health concerns is a suicide level among aboriginal Canadians that is at least five times the national average.

Authorities on native issues say Atleo, a 42-year-old British Columbia businessman and native activist, has to focus on outstanding treaties and education to find solutions to the litany of problems.

TORSTAR NEWS SERVICE

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U.S. tries to spur Middle East peace

MIDDLE EAST The United States launched a fresh drive yesterday to restart Middle East peace talks, sending senior officials to the region to deal with issues ranging from Jewish settlements to Iran's nuclear ambitions.

The visits by Middle East envoy George Mitchell, Defense Secretary Robert Gates and National Security Adviser Jim Jones were a strong signal from U.S. President Barack Obama of his intention to keep Israeli-Arab peacemaking high on his agenda.

Obama's demand, in accordance with a 2003 U.S.-backed peace "road map," to freeze Jewish settlement in the occupied West Bank and Arab East Jerusalem has met stiff resistance from Israeli Prime Minister Benjamin Netanyahu.

Playing down the most serious rift in U.S.-Israeli ties in a decade, Netanyahu told his cabinet: "It is only natural, that within a fabric of friendly relations between allies, there isn't full agreement on all points."

He described Israel's relationship with Washington as "important and steadfast," a departure from tough comments he made only a week ago when he said he would not accept orders from the United States on Jewish settlement in East Jerusalem. Palestinian President Mahmoud Abbas has said talks with Israel, suspended for more than six months, cannot resume until all Israeli settlement activity ceases.

"We are trying to reach understandings on various issues so that we can, together, advance our common goals: peace, security and prosperity for all of the Middle East," Netanyahu said.

Flying to Israel from talks in Damascus with President Bashar al-Assad on the possibility of restarting Israeli-Syrian negotiations, Mitchell discussed a settlement deal and prospects for regional peace with Israeli Defence Minister Ehud Barak in Tel Aviv.

Mitchell told reporters he has been urging Arab leaders "to take steps towards normalization."

REUTERS

Promoting peace

- U.S. Middle East envoy George Mitchell was to see Palestinian President Mahmoud Abbas today and Israeli Prime Minister Benjamin Netanyahu tomorrow.

News in brief

HONDURAS Disheartened supporters of deposed Honduran President Manuel Zelaya trickled home from the Nicaraguan border yesterday, weakening protests backing his bid to return to power after a coup last month. Honduran troops manning checkpoints have prevented several thousand demonstrators from staging a show of support at the border for the leftist leader, now exiled in Nicaragua. Zelaya, who is in a Nicaraguan town near the border, hit back at U.S. secretary of state Hillary Clinton for the second time in two days. Clinton should "stop avoiding the issue," that the Honduran government is a dictatorship, he said. "Secretary Clinton should confront the dictatorship with force."

IRAN Iranian President Mahmoud Ahmadinejad dismissed yesterday his intelligence and culture ministers, a news agency reported. REUTERS

Clinton hopes for female president

U.S. Failed presidential hopeful Hillary Clinton said yesterday she hoped there would be a female U.S. president in her lifetime but ruled out the chance she would run again. "It will take the right woman who can make the case and win the votes ... I am certainly hoping it will happen in my lifetime," she told NBC's Meet the Press. REUTERS

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Comment

Head over heels for hope

HineSight

On a recent morning I hit on a great truth about love. Romantic relationships call into play the two most powerful and overwhelming forces known to human kind. Hope and hormones.

I realized this during a phone conversation with my friend Rob. It went something like this.

Rob: The most amazing thing has happened. Incredible. Stupendous. You won't believe it.

Me: So, those new strawberry-esque doughnuts at Tim Hortons. The best thing ever? Or a wicked plot by Weight Watchers?

Rob: What about my news?

Me: You've met a woman. She's perfect. You're madly in love. You never knew you could feel this way.

Rob: Well … yeah. Except for the part about … well … yeah.

Me: Honey, I worry about your heart.

Rob: You're the one eating doughnuts.

Me: Falling in love makes you irrational.

Rob: Irrational? Not ever. Totally not. Me irrational? What? Huh?

Me: What about that woman with "Elvis Lives" tattooed on her forehead?

Rob: She was very … optimistic.

Me: And the one who thought pigeons speak to her?

Rob: She'll never feel alone. But this one is different. We've had

SunnySide

three whole dates and I haven't once felt like suggesting she'd benefit from lengthy psychotherapy.

Me: What about how you behave? The short list of things you've done for love includes: Bought a ferret, grown your hair, cut your hair, studied "clowning," sworn you love Barry Manilow, sworn you hate Barry Manilow, sworn you love camping — which, if you remember, led to you actually having to go camping, grown your hair again, and worn spandex.

Rob: I liked the spandex. Once I got that chafing under control. Anyway, what about listening to my heart?

Me: I'm afraid you can't hear it over your hormones. Sweetie, why do you want to try this again?

Rob: Because maybe this will be the woman that'll make inane love songs seem like deep, meaningful insight. Maybe she'll be the person who will know me; the good, the bad, the bordering on repellent and still love me like springtime. And maybe I'll do the same for her. What's it worth risking for that?

Me: Truthfully? … Everything you've got. Just look after yourself, OK?

Rob: What's the worst that can happen?

Me: Remember Raw Food Girl?

Rob: I have to run. We've signed up to take Norwegian country dancing.

Me: Good for you, sweetie. I'm right behind you.

The things we do for love.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

GRAEME MACKAY

Letters

First Nations issues are important to all Canadians

Metro should be commended for its respectful and thought-provoking coverage of First Nations issues.

Metro's coverage provided important information on an often overlooked subject in many media outlets. First Nations issues are important to our communities and our nation.

GLENN KIRKWOOD, LADNER, B.C.

Views

Time to think outside the ring road box

InTransit

Talk of a southwest ring road began in 1959 and despite $6 million spent on unsuccessful negotiations with Tsuu T'ina, a looming battle over the ecologically sensitive Weaselhead, opposition to Lakeview homes being expropriated and construction costs in the hundreds of millions, the momentum to get paving seems unrelenting. In recent interviews, Mayor Dave Bronconnier has made it clear — he's intent on moving forward with ring road Plan B.

Perhaps it's time to think outside of the ring road box though. Perhaps this 50-year-old failure should be laid to rest in favour of more viable, cost-effective and expedient plans.

Research, including that of the Victoria Transport Policy Institute, indicates while building more roads only results in more traffic, improving public transit alleviates congestion. The American Public Transportation Association has found that an urban rail system provides more capacity than a six-lane freeway and says increased public transit reduces the investment required for expansion of roadways. Further studies by the association have concluded for every dollar invested in transit, there will be up to $6 in returns.

Calgarians have the highest car ownership rates per capita in Canada though, making it all the more challenging to make transit investments appealing. Ottawa has set up bus-only roads and many other cities have high-occupancy vehicle (HOV) lanes making riding the bus an attractive alternative. Calgary only has 25 blocks of Centre Street North designated as an HOV lane, so our buses chug along in tandem with traffic. Adding additional HOV lanes in the south and increasing service hours would get drivers into buses and carpools.

Improving cycling infrastructure is an economical way to further ease traffic pains. Minneapolis, the city with the coldest average temperature in the United States, has designated 14 per cent of its transportation budget to cycling infrastructure. Calgary, meanwhile, does not separate a specific budget for cycling. Connected routing, bike lanes, bicycle-friendly bridges and bicycle-inclusive policies result in increased cycling. Two years after the installation of a bike lane in Toronto, there was a 23 per cent increase in cycling.

Traffic complaints are perennial, but we can't pave our way out of them. The solutions are counter-intuitive — creating practical alternatives to the single-occupant vehicle will save us from 50 more years of southwest ring road deliberations.

Adrienne Beattie is Calgary-born writer who has covered urban issues since 2001, and has an English degree from the University of Calgary.

Worth mentioning

Destruction taking its toll on Earth: Astronaut

A Canadian astronaut aboard the International Space Station said yesterday it looks like Earth's ice caps have melted a bit since he was last in orbit 12 years ago.

Bob Thirsk, who is two months into a planned six-month stay aboard the station, said he is mostly in awe when he looks out the window, particularly at the sliver of atmosphere wrapped around the planet.

"It's a very thin veil of atmosphere around the Earth that keeps us alive," Thirsk said during an in-flight news conference. "Most of the time when I look out the window I'm in awe. But there are some effects of the human destruction of the Earth as well.

"This is probably just a perception, but I just have the feeling that the glaciers are melting, the snow capping the mountains is less than it was 12 years ago when I saw it last time," Thirsk said. "That saddens me a little bit." REUTERS

Metro Online Poll Results

19% SAID YES	Do you think tax harmonization helps the economy? *Weigh in on today's question at metronews.ca*	81% SAID NO

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Casual Fridays good for the environment
Introducing casual Fridays to an office work week helps save energy. Short-sleeved, open-necked shirts mean the office thermostat can be set higher. Every degree will cut up to 20 per cent of air conditioning costs. TORSTAR NEWS SERVICE

Going Green

The truly greener bricks

In Indonesia, EcoFaeBrick makes environmentally friendly bricks out of leftover cow dung, fired in kilns using biofuels to reduce carbon emissions, according to Green Trends. And no, they don't smell — they look exactly like clay bricks and cost about the same as regular bricks but are said to be 20 per cent stronger and lighter. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

G8 emissions plan lacks meaning

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Sometimes we can all be pretty gullible. Ever make a major purchase because it was "30 per cent off" or choose a bag of chips because it had "50 per cent more!"? More than what? More than a bag with 50 per cent fewer chips? The ads make us feel like savvy shoppers, but without a frame of reference, it's pretty meaningless.

One lesson learned from the recent G8 summit in Italy is that the Chinese, Indians, Brazilians and Mexicans are better shoppers than we are. While G8 countries were hailing the agreement to reduce greenhouse gas emissions 50 per cent by 2050 (80 per cent for developed economies), and to limit global average temperature increases to two degrees over pre-industrial temperatures, these developing economies were asking what it all means.

Like the bag of chips, the agreement lacks meaning as it lacks any frame of reference. A 50 per cent reduction from what year? And what is the baseline for pre-industrial temperature? If we choose 1830s versus 1850s (last minimum of the "Little Ice Age") it makes a major difference. The agreement reached in Italy is not a plan, and without frames of reference it does not set any real goals.

These frames of reference are to be worked out in advance of the December UNFCC Conference in Copenhagen, but it is disappointing that G8 leaders left Italy without establishing them. While we're at it and talking about frames of reference, somebody better verify with the Americans we mean Celsius.

Of course, it's not just that the Chinese, Indians, Brazilians, and Mexicans are more cautious shoppers. Even with benchmarks, it will be difficult to get these countries to buy in to any carbon emission reduction plan. Until recently, that has been a justification for Canada to walk away from its Kyoto Protocol obligations, and for the U.S. to not even ratify Kyoto. But these decisions showed a lack of understanding of our own economy, and have really put the North American market at a disadvantage. Like other G8 countries, the Canadian and American economies are built on innovation. We have let European countries take the risks, hence the lead in green technologies. Adopting stringent carbon reduction targets now will have us playing catch-up for years, but further delays will only broaden the gap.

Further, a more expansive view of our commitment to reduce carbon emissions that includes not only use of products in Canada, but carbon emissions during their manufacture and transportation, will give developing economies incentive to reduce emissions to remain competitive. So far, however, product life cycle goals for carbon emissions remain outside the scope of the major international agreements and conventions. Hopefully, someday they find their place.

Beyond the technology gap

• The economies of China, India, Brazil and Mexico are not built on innovation but rather on taking innovative products and making them less expensively. If we are innovative in designing products that are more efficient, and are innovative in developing new, greener manufacturing technologies, who do you think will adopt those technologies and make those products?

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Electric bikes getting big push in Japan

Riding the vogue for eco-conscious products, companies ranging from battery to tire to motorcycle makers in Japan are looking to cultivate a market that beats even hybrid cars in green credentials: Electric bicycles.

Japan's motor-assisted bicycles use a small electric motor and battery pack mounted inconspicuously on the bicycle to propel the rider, constantly adjusting the motor's force to the speed and resistance of the pedalling.

That makes cycling up a hill or while carrying a heavy load a cinch, winning over a growing number of elderly and housewives in Japan. Sales of electric bicycles more than doubled from 2000 to 315,000 last year, as they became more affordable and practical.

"A lot of our customers say their range of activity on a bicycle has expanded. They're going places where they would normally take their car or a taxi."
Masanori Kobayashi, Yamaha senior official

"Once you've ridden one of our motor-assisted bicycles, you'll never go back!" a spokeswoman at Yamaha Motor beamed, urging reporters to try out a few of Yamaha's 17 electric bicycle models at a test-ride event on Friday.

The motor switches off automatically once the speed reaches the 24 km/h legal limit for assisted riding, classifying the vehicles as bicycles, unlike the popular electric bicycles sold in China, which would require a licence in Japan.

Yamaha Motor, Japan's No. 2 motorcycle brand and top maker of electric bicycles, expects more of a tailwind for the market.

Thanks to advances in rechargeable batteries, Yamaha's standard electric bikes have a range of 39 kilometres, or 67 km using an optional mode that activates the motor only when desired. That's about double the range of its first model introduced in 1993.

"A lot of our customers say their range of activity on a bicycle has expanded," said Masanori Kobayashi, a senior official at Yamaha. "They're going places where they would normally take their car or a taxi."

Charging time has shrunk to two hours from 10, with one charge costing around 10 cents. One catch though is that batteries need to be replaced roughly once every two years, and they cost at least $250 each. REUTERS

TORU HANAI/REUTERS

A model rides a Yamaha Motor's new motor-assisted bicycle at its test-ride event in Tokyo on Friday.

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Old phones can have a new life
Instead of throwing old broken phones in the garbage, take them to a collection centre where they will be either refurbished or recycled. There are many centres around — in high schools, community centres, even pizza outlets. TORSTAR NEWS SERVICE

Canadians should get to know HE

LAUNDRY Recently, a new designation has been showing up on laundry detergent bottles: HE. A national survey conducted by Angus Reid Strategies on behalf of Purex Natural Elements laundry detergent found that 62 per cent of Canadians have never heard of HE and don't understand what this designation means.

HE stands for high-efficiency and refers to the new front-load, high-efficiency washing machines that are becoming more popular with consumers.

These machines not only use less energy than traditional machines, they use less water, and therefore, require a laundry detergent that is low-sudsing.

The presence of too many suds can "confuse" the washing cycles and restrict the proper rinsing of the clothes, and may lead to mechanical difficulties with the machine.

NEWS CANADA

Empty cartridges help local schools

Don't know how to get rid of those empty ink and toner cartridges when they run out of ink? Why not consider dropping them off at your local Staples Canada store to help raise funds for schools in your community.

Staples Canada donates funds raised from all eligible cartridges they collect back to local elementary and secondary schools enrolled in the program. Schools must be registered in order to benefit from the program; registration starts Sept. 1 and ends Dec. 31.

"We have been so impressed by the number of customers who have taken the time to drop off their cartridges for such a worthwhile cause and the number of teachers and school administrators who have taken the time to register," says Pete Gibel, vice-president of Staples Canada.

Schools benefit from funds raised through a program that recycles used ink and toner cartridges.

The Recycle for Education program started in 2004 and this past school year alone Staples stores across Canada raised $400,000 by collecting used cartridges for recycling.

Staples has posted information about its Recycle for Education program on its website recyclefored.ca.

NEWS CANADA

Recycling can be a great way to help charities in need

TREASURES We all know recycling is good for the environment, but have you ever thought about how recycling could help those who are less fortunate?

With tougher economic times and job losses, a growing trend this year is finding a way to turn your trash into someone else's treasure. At a time when so many charities need your help, here are a few ways you can start recycling for an important cause:

Old electronics: That dated computer or cellphone might be old to you, but chances are it would be new to someone else. Consider donating them to organizations that help provide job training for the unemployed.

Not just old clothes: Why stop at donating old clothes to a local charity? Kitchen items that aren't being used can find a new home at the local soup kitchen; unused toiletries would be appreciated at a women's shelter; and children's toys are a welcome addition to any church.

Nickels in blue bin: You wouldn't put a bin full of coins out for the garbage truck so why give away those cans? Aluminum cans can be traded in for money that you can use to support the charity of your choice. Kids love collecting cans around the neighborhood and at school if it is for a cause they can get excited about.

NEWS CANADA

Donation choices

- Christian Children's Fund of Canada's, an international children's organization, website (www.ccfcanada.ca) offers a host of donation choices that kids here can send to poor children overseas—everything from a soccer ball, to school supplies, to a piglet.

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Microsoft tries to end dispute
Microsoft sought on Friday to end a long-running dispute with EU antitrust regulators as it offered to let users choose their own browser and to provide more interoperability information to third parties. REUTERS

Business

Toyota to sell stake in plant

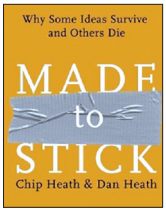
Toyota Motor Corp. announced Friday that it will begin selling off its stake in a southern California manufacturing plant that it had jointly operated with General Motors. GM announced last month that it was withdrawing from the 50-50 joint venture as part of a liquidation deal to ensure it would emerge from bankruptcy protection. METRO NEWS SERVICES

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ever hear about the guy who had his kidney stolen?

Made to **Stick**

Authors: Chip and Dan Heath
Publisher: Random House
Price: $28



Have you ever heard an urban legend and noticed that just about everyone you know is also familiar with the story.

According to authors (and brothers) Dan and Chip Heath, there is a very particular mix of factors that lead to the success and longevity of these tales.

In their book, Made to Stick, the Heath brothers walk the reader through each principle using the sticky acronym SUCCESS.

Business examples include the simple South West Airlines approach to being 'the low fare airline'.

This book was a hit at book club — especially when we gave the task of creating a marketing campaign to two teams for a challenge.

Fun reading.

— CRAIG LUND /FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Ericsson wins Nortel's wireless sector assets

Sweden's Ericsson has won an auction for the wireless assets of bankrupt Nortel Networks Corp, paying $1.13 billion for the crown jewels of the one-time Canadian telecom star.

In separate statements, the two companies said Saturday Ericsson had won the bidding for Nortel's key CDMA and next-generation LTE wireless technologies, which Nortel put on the block after it filed for creditor protection in January. The assets include Nortel's businesses in the CDMA wireless technology used in North America and in the emerging LTE high-speed wireless technology that many of the world's biggest operators plan to use to upgrade their telecommunications networks, as well as some patents.

"This is both a sad story for Nortel and a happy story for Ericsson," Jeff Kagan, an independent telecom industry analyst, said in a note. "Rather than competing with Nortel, Ericsson has won."

"This is both a sad story for Nortel and a happy story for Ericsson."
Jeff Kagan, independent analyst

He said the deal would enable the Swedish telecom gear maker to expand its North American footprint as the industry evolves toward so-called 4G LTE technology. When fully developed, the technology is expected to provide broadband-like access for cell phone users in terms of speed and content richness, Kagan said.

Ericsson's offer virtually assures Nortel will be broken up rather than emerge from bankruptcy protection as a slimmed-down single unit.

"I believe this is the right outcome at this point in time," Richard Lowe, president of Nortel's carrier operations, said in an interview Saturday. "An orderly disposal of the assets of Nortel is the best outcome for the stakeholders."

Toronto-based Nortel, once North America's biggest maker of telephone gear, filed for bankruptcy protection early this year, blaming the economic crisis for derailing a turnaround effort that began in 2005.

That followed several rounds of attempted reorganizations and years of job cuts that slimmed the company down to 25,000 employees, from a peak of about 90,000 at the start of the decade. Shares in the company, which once had a market capitalization of over $250 billion, have fallen to almost nothing, and Nortel said it did not expect existing shareholders to receive any value from the latest sale. REUTERS

CHRIS WATTIE/REUTERS

Nortel's Carling Campus in Ottawa. Swedish firm Ericsson successfully won the bankrupt company's wireless assets Friday.

In **brief**

AUTO The U.S. government launched a $1 billion US cash incentive program on Friday to stimulate auto sales by getting consumers to part with gas-guzzlers and buy more fuel efficient vehicles. The program, which offers up to $4,500 US, will be overseen by the Transportation Department. Dealers and manufacturers are offering additional incentives, including matching funds in some cases, to help boost sales.

STOCKS Wall Street may take a breather this week after an earnings-driven rally lifted the major U.S. indexes to their highest levels in months. The blue-chip Dow Jones industrial average passed the 9,000 mark last week for the first time since January. And the S&P 500 Index ended Friday at 979.26 — up 44.7 per cent from the 12-year closing low hit on March 9. REUTERS

Canadian life insurers safe bets: Analysts

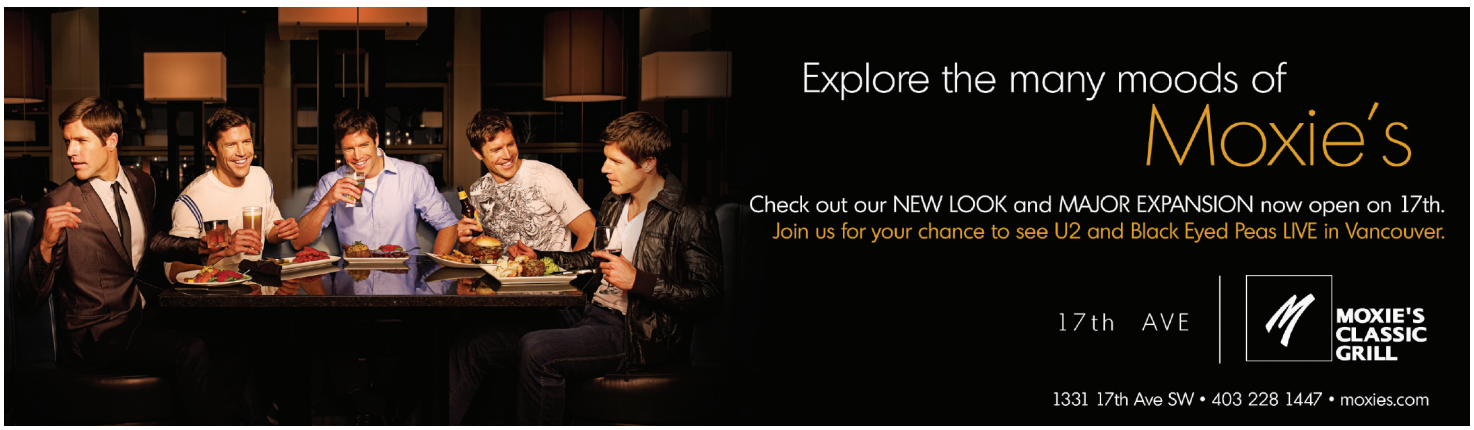
RESULTS Canada's big four life insurers now look to be better bets than either their U.S. rivals or the big Canadian banks as a surging stock market brings profits bouncing higher after three awful quarters.

Analysts say credit concerns and reserve questions have set the stage for a noisy quarter when the Big Four start reporting quarterly results next week. But almost all say the insurers have ground to make up, and they make investment sense.

With the U.S. stock market up 15 per cent and Toronto stocks 19 per cent higher than the first quarter, Manulife Financial Corp, Great-West Lifeco Inc, Sun Life Financial Inc and Industrial Alliance Insurance and Financial Services Inc are all expected to report second-quarter profits. REUTERS

Second quarter

- Opinions vary about which insurers will outperform in the second quarter — each of the Big Four got at least one vote in analysts' previews. Dividends are expected to be unchanged.



Mexico wins Gold Cup

Mexico won its fifth Gold Cup yesterday by dominating the Americans 5-0 in the final. A Giants Stadium crowd of 79,156, overwhelmingly comprised of Mexican fans, watched the visitors score all their goals in the second half. METRO NEWS SERVICES

Sports

Massa in life-threatening state

Ferrari F1 driver Felipe Massa remained in "life-threatening" but stable condition yesterday following surgery on multiple skull fractures. Massa was injured during Saturday qualifying when the rear spring from another car bounced into his helmet as the 28-year-old reached speeds of about 120 mph. The impact concussed Massa, who then ploughed into a protective tire barrier. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

BERNARD PAPON/REUTERS

Astana rider Alberto Contador of Spain, centre, celebrates his overall victory on the podium next to second-place Saxo Bank rider Andy Schleck of Luxembourg, left, and third-place Astana rider Lance Armstrong after the final stage of the Tour de France yesterday.

Contador claims Tour

Spaniard wins second title, Armstrong finishes third in comeback

Alberto Contador emerged as the new cycling boss yesterday when the Spaniard wrapped up his second Tour de France title on seven-times champion Lance Armstrong's return to the race.

The 26-year-old Contador stayed safe in the main bunch as the last stage, over 164 km from Montereau Fault-Yonne, went to Briton Mark Cavendish.

"I am really happy. It was an especially difficult Tour for me, but that's why I am enjoying the victory all the more," Contador said on the podium.

"It was an especially difficult Tour for me, but that's why I am enjoying the victory all the more." Alberto Contador

Over three weeks, Contador proved the strongest rider in the mountains and in the time trials, beating Luxembourg's Andy Schleck by four minutes 11 seconds. Armstrong, back from 3½ years in retirement, finished third overall 5:24 off the pace.

Schleck, who also took the white jersey for the best under-25 rider, said: "He (Contador) was the strongest rider. He is the boss of the peloton."

The victory kept the Spanish flag flying high on the Champs-Elysees following triumphs for Oscar Pereiro in 2006, Contador in 2007 and Carlos Sastre last year.

Contador, who missed last year's Tour after Astana were not invited because of their past doping record, took the overall leader's yellow jersey with a strong attack in the first Alpine stage in Verbier, Switzerland.

But throughout the race, he had to contend with criticism from teammate Armstrong, who twice said publicly the Spaniard had ignored team orders.

"This Tour was very difficult as you could see and although it sometimes seems easy on television it wasn't because of other factors," Contador, who is set to leave Astana at the end of the year, told Spanish television.

"I will enjoy this second Tour win as if it was a double victory." REUTERS

Montreal back in?

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

"Montreal should play the hand it's dealt and thank the league for it because, in the end, the MLS house always wins."

The Montreal Impact have been dealt back in. Or, at least, they're back at the table, giving indications they're willing to bet the minimum.

For those who had forgotten the expansion standoff between Impact owner Joey Saputo and MLS commissioner Don Garber earlier this year, it went something like this:

Saputo: We don't feel we should pay $40 million for an expansion fee.

Garber: Well, $40 million is the bet.

Saputo: Well, we're going to bet $31 million.

Garber: Then you, sir, are out of the game.

Saputo: That doesn't seem fair. Did I mention I am Joey Saputo — owner of the Montreal Impact? We attracted 55,000 to a soccer game in February. We've already spent $15 million on our stadium. And my family makes really good cheese.

Garber: All very nice, but the minimum bet is $40 million.

Saputo: I'm calling your bluff.

And with that, Garber had Saputo tossed out of the casino by security toughs.

Meanwhile, the two other players at the table — Vancouver's Bob Lenarduzzi and Portland's Merritt Paulson — sat tight, played a few more hands and ended up paying $35 million for their trouble.

But now Saputo is back, money in hand, saying he is willing to pay the $35-million expansion fee.

Garber's convinced. So much so that the league's board of governors discussed the Impact as they met this weekend ahead of Wednesday's all-star game in Utah. It seems MLS is more than willing to put the past behind them.

But will Saputo?

The league invited Saputo to the all-star game. An offer Saputo politely (and insanely) refused because the Impact are playing an international friendly the night before.

Joey, the boss just invited you to dinner and you told him, 'No thanks, I'm washing my hair.'

You can do both — I checked online for you. There are 16 Air Canada flights that will get you to Salt Lake City on time. Yes, it'll cost $1,300, but surely that's worth it if it keeps you from pissing off the dealer again.

An announcement on whether the league will offer expansion in 2012 is expected today. However those cards flop, Montreal should play the hand it's dealt and thank the league for it because, in the end, the MLS house always wins.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

Toronto 5 Tampa Bay 1
Baltimore 6 Boston 2
Chicago White Sox 5 Detroit 1
Cleveland 12 Seattle 3
Minnesota 10 L.A. Angels 1
N.Y. Yankees 7 Oakland 5
Texas 7 Kansas City 2

NATIONAL LEAGUE

YESTERDAY

Arizona 9 Pittsburgh 0
Atlanta 10 Milwaukee 2
Chicago Cubs 5 Cincinnati 2
Colorado 4 San Francisco 2
N.Y. Mets 8 Houston 3
Philadelphia 9 St. Louis 2
Washington 3 S.D. 2 (10 ings)
Florida at L.A. Dodgers

CFL

THURSDAY
Montreal at Edmonton

FRIDAY
B.C. at Hamilton

SATURDAY
Winnipeg at Toronto
Saskatchewan at CALGARY

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Hamilton takes Hungarian GP
McLaren's Lewis Hamilton won the Hungarian Grand Prix yesterday, the first victory of the season for the defending Formula One champion. It was Hamilton's first win since last year's Chinese Grand Prix and snapped a streak of 11 races without a top-three finish. METRO NEWS SERVICES

Morneau takes AL homer lead

MLB Justin Morneau blasted two home runs to take the American League lead with 26, as the Minnesota Twins ended the Angels' eight-game winning streak with a resounding 10-1 victory.
METRO NEWS SERVICES

Canadian Open lasts beyond weekend

GOLF Jason Dufner led the Canadian Open leaderboard at the end of play yesterday, but could not collect his maiden PGA Tour win as the weather-battered tournament was forced into a Monday finish.

After three days of torrential rain and thunderstorms, officials had hoped they might dodge the miserable weather long enough to pack in 36 holes and crown the tournament's 100th champion.

But shortly after third-round play began, ferocious storms again rumbled across Glen Abbey forcing another lengthy delay before play was finally suspended.

Mike Weir of Bright's Grove, Ont., recorded a hole-in-one on the par-3 fourth and sits five strokes back of Dufner.
REUTERS

Sports in brief

BLUE JAYS Scott Rolen's three-run homer in the fourth proved to be all the Blue Jays would need, as Toronto salvaged the last game in its three-game series against Tampa Bay with a 5-1 victory yesterday.

GOLF Loren Roberts won the Senior British Open for the second time yesterday after overcoming Mark McNulty and Fred Funk in a playoff at Sunningdale. Tom Watson finished five strokes back.

BASEBALL The Seattle Mariners have placed Ottawa native Erik Bedard on the 15-day disabled list with left-shoulder inflammation. METRO NEWS SERVICES

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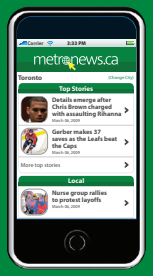

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KEEPING YOU UPDATED

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

Woman donates home to UOIT

An 87-year-old Whitby, Ont., resident, Stefania Dulemba, is returning to her native Poland to help build a shelter there, so she has signed over early her home and property she and her late husband Alexsander willed to the University of Ontario Institute of Technology, located in Oshawa, Ont. Over the years the couple made financial donations to UOIT and Durham College. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Rhythm writing for the stage

Backstage Pass

JON TATTRIE
for Metro Canada

While the music industry struggles to keep up with the Internet, the technology has made composing for stage and film easier than ever.

From his Halifax base, musician Jason Michael MacIsaac can work anywhere. "A short jaunt to Toronto replaces three weeks in Toronto," he says over tea in a local café.

He writes scores for plays, films and commercials, and is also in a band called the Heavy Blinkers. "There's not one aspect of my career that allows me my extremely epicurean lifestyle," he jokes, taking a bite out of his peanut-butter bagel.

Usually, a composer's job is to write music that no one notices. "That's a bitter pill to swallow," he says, but he understands that badly timed music can wreck a play. "If you have a pivotal moment when someone says, 'Oh, you didn't know I'm a vampire?' and you don't hear that line, for the rest of the play you're like, 'Why's he sucking blood?'"

As a composer, you can work anywhere, says Halifax-based musician Jason Michael.

That's generally true for films, too. MacIsaac wrote the music for 2003's Touch and Go, which featured a "pre-Ellen Page Ellen Page," as he puts it.

Earlier this year, he got a chance most stage composers only dream of: He worked on Poor Boy, a pop music fantasia by Halifax's Zuppa Theatre.

"It was a play born out of the music that myself and (collaborator) Dave Christensen created. Every action, every piece of dialogue, was after the music," he smiles. The actors also played the music, presenting further compositional challenges. "You can't be stuck at your cello if you have to go from stage left to stage right in under 10 seconds, so a lot of the arrangement becomes stripped down."

That's a common concern: What the composer creates in his head may be too expensive or cumbersome for the play. "It's heartbreaking when a song gets dropped. There's a song in Poor Boy that it kills me every time I don't hear it," he says. "It's 'Look at me, look at me!' Then all of a sudden, it's not about me anymore. I'm at the service of the play."

McMaster University in Ontario, Bishop's University in Quebec and University of Lethbridge in Alberta are among the institutions that offer classes combining music with theatre, film and television. Many musicians either study music and then apply it to stage, or simply learn music on their own and then turn professional.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Workology in brief

JOB TRENDS Sixty per cent of executives and recruiters polled by ExecuNet, a management networking organization, believe the fields that will generate the biggest growth in executive jobs over the next year are health care, green technology, pharmaceuticals, medical and biotechnology, alternative energy, business support services and power generation. Over the past year, there has been a 14 per cent reduction in executive recruiting.

LOYALTY Canadian employees are becoming less loyal to their employers, says a new Ipsos Reid study called Build a Better Workforce. Disloyalty was particularly high for employees in the manufacturing and financial services sectors as well as employees of companies where staff cuts were made or salaries were frozen due to the economic downturn.

EDUCATION According to a new study, 47 per cent of working-age Canadians have a post-secondary credential from a college or university, higher than any other developed country. In the U.S., the number was eight per cent lower, with 39 per cent of working-age Americans holding a college or university credential. The number of Canadians obtaining post-secondary credentials is rising with 55 per cent of Canadians aged 25 to 34 attended university or college, compared to fewer than four out of 10 Canadians aged 55 to 64.

IMMIGRATION While tens of thousands of Canadians have lost their jobs during the recession, immigrants who have been in the country for less than five years are losing their jobs at more than three times the rate as people who were born in Canada, according to Statistics Canada and The Globe and Mail. Among Canadian-born workers, employment fell by 1.6 per cent over the past year, while it fell 5.7 per cent among immigrants.

HEATHER BUCHAN/
FOR METRO CANADA

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Octomom TV series
Octomom Nadya Suleman has signed agreements for her 14 children to star in a reality television show, Entertainment Weekly reports. Each of Suleman's children will earn $250 per day according to the contracts. Filming begins this fall. EW.COM

Entertainment

Not guilty

A British judge acquitted Amy Winehouse on Friday of assaulting a fan who asked to take her picture. The singer was found not guilty of punching dancer Sherene Flash. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Tackling love and crime

Finger Lickin' **Fifteen**

Author: Janet Evanovich
Publisher: St. Martin's Press
Price: $35.95 (Hardcover)

The 15th instalment in Janet Evanovich's Stephanie Plum mystery series sees her leading lady try to solve two sets of crimes while balancing her assorted love life and quirky characters she encounters throughout. The lingerie buyer-turned-bounty hunter is on the prowl to discover who killed celebrity chef Stanley Chipotle in a Trenton, N.J., alleyway. Key evidence is companion and sole witness Lula's entrance into the barbecue competition at which Chipotle was poised to appear.

Tomato **Rhapsody**

Author: Adam Schell
Publisher: Delacorte Press
Price: $28.95 (Hardcover)

In this debut tale of sundry literary inspirations, Adam Schell traces the fantastic fictional account of how the tomato came to Italy. Jewish farmer Davido is given a pass by the village priest to bring the tomato to town, but the fruit quickly becomes a catalyst for controversy. Davido becomes the apple of Catholic Mari's eye, but love appears forbidden, considering her stepfather is overprotective olive mogul and novel villain Giuseppe.

— BRIAN COULTON /FOR METRO CANADA

BookPicks

Celebs visit Comic Con

Cameron unveils Avatar footage, Burton previews Alice

NED EHRBAR
Metro World News

The 40th annual San Diego International Comic Con attracted an estimated 125,000 fans of film, TV, video games and comic books for four days of beautiful weather, celebrity sightings and previews of upcoming blockbusters.

While some worried the convention had strayed beyond its comic book roots to become a Hollywood marketing event, fans of all stripes celebrated their favourite pastimes with vigour — and more than a few interesting homemade costumes.

The biggest Hollywood-related draws of the festival were from veteran director James Cameron, who unveiled 25 minutes of footage from his long-awaited 3-D film, Avatar. Also on display for the first time were toys and concept art related to the film.

GETTY IMAGES

Actor Johnny Depp, left, and director Tim Burton speak at the Alice in Wonderland press conference during Comic Con.

But perhaps even more anticipated — and the cause for more controversy — was the panel previewing New Moon, the latest in the Twilight series. Fans of the book and film franchise camped out the day and night before the panel, overtaking the 6,500-capacity Hall H, to the chagrin of fans hoping to attend other panels scheduled the same day.

Another piece of news was word that a sequel to the 1980s hit Tron is in fact on its way, as Jeff Bridges, star of the original, was happy to report. Principal filming has been completed, Bridges confirmed, but was intentionally cagey on plot details.

Tim Burton was on hand to preview his next big film, Alice in Wonderland, and even brought along star Johnny Depp as a surprise. "It's been years since I've been to Comic Con," Burton said. "It's so great to be back."

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **G-Force** $32.1 million US
2. **Harry Potter and the Half-Blood Prince:** $30 million
3. **The Ugly Truth** $27 million
4. **Orphan** $12.7 million
5. **Ice Age: Dawn of the Dinosaurs:** $8.2 million
6. **Transformers: Revenge of the Fallen:** $8 million
7. **The Hangover:** $6.4 million
8. **The Proposal:** $6.4 million
9. **Public Enemies:** $4.1 million
10. **Brüno** $2.7 million

REUTERS

GlobalStyle

Kenya Hunt

Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/27/09	267	351 - ACCESS	Alberta Primetime (Live)		Stargate Atlantis (DVS)		Gossip Girl (HDTV)		Two/Half Men	Big Bang Th	Primetime
	243	317 3 CFCN	Corner Gas	Hollywood	CSI: Miami (HDTV)		Law & Order		Law & Order: Criminal Intent		News
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelorette (Season Finale) (N)				Dating in Dark
	245	306 6 CBRT	Coronation St.	Jeopardy!	Triple Sensation (DVS)		Just for Laughs		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Unit		House (HDTV PA)		Lie to Me "Do No Harm"		News Hour
	246	- 8 CKAL	Law & Order: SVU		(8:02) Dating in the Dark (N)		The Bachelorette (Season Finale) (N)				Bachelorette
	119	705 9 CBXFT	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
primetime	-	372 12 KREM	News	Hollywood	The Doctors		How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami
	-	374 14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow		History Detectives (N)		Paving
	502	390 15 CBC	CBC News: The National		Pakistan's Taliban Generation		CBC News: The National		CBC News: The National		Taliban
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	Great American Road Trip		Law & Order: Criminal Intent		The Wanted
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House (HDTV PA)		Lie to Me "Do No Harm"		News
	297	652 37 WPIX	Gossip Girl (HDTV)		PiX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Jane Velez-Mitchell		Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
sports	400	400 21 TSN	Boxing Friday Night Fights.		SportsCentre (HDTV) (Live)			Off the Record	World Poker Tour		
	408	418 27 net	MLB Baseball		MLB Baseball Toronto Blue Jays at Seattle Mariners. From Safeco Field in Seattle.						Sportsnet Con.
	410	403 30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457 44 OLN	Survivorman		Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	417	406 48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy (N)	Pass Time	This Week in NASCAR (HDTV)		SuperCars
family	552	543 20 YTV	iCarly	True Jackson	The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT's Greatest "Interviews"		Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Bucket-Dinos	Big Comfy	Big & Small	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	The Soup (N)	Wildest TV	How I Met	Engagement	Final 24 (N)		CHCA News
cable variety	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	Style by Jury	Friends	How Clean	Kim	Love It or List It		Guilt-Assoc.
	521	560 24 TLC	Little Parents, Big Pregnancy		Cake Boss (N)	Cake Boss	Dancing Tweens (HDTV)		Little Parents, Big Pregnancy		Cake Boss
	603	561 25 FOOD	Food Detective	Get on Plate	At the Table	At the Table	Restaurant Makeover		Unwrapped	Unwrapped	Food Jammers
	615	520 26 A&E	Intervention "Danielle"		Obsessed (HDTV) (N)		The Cleaner "Split Ends"		Intervention "Sylvia"		Intervention
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Cashing In	Kink in Hair	*Love Sick: Secrets of a Sex Addict*		
	601	562 33 SLICE	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633 34 ENC2	*Morning After*	(7:20) *Fallen Knight* ★ (1998, Horror)			*Hollow Man* ★★ (2000, Science Fiction) Kevin Bacon.				*Shocker (1989)*
	520	505 35 DISC	Dirty Jobs		American Loggers (N)		Daily Planet		MythBusters		Amer. Loggers
	620	523 36 BRAVO	(6) Boheme		Raising Valhalla		Law & Order "Strike"		Without a Trace		*Brand Upo*
	294	650 40 WPCH	*Mississippi Burning* ★★★ (1988, Drama) Gene Hackman, Willem Dafoe.					Seinfeld	*Phantoms* ★★ (1998, Horror)		
	626	547 41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	J. Foxx
	-	539 42 TCM	(6) *Bells Are Ringing*		(8:15) *Halls of Anger* ★★ (1969, Drama) Calvin Lockhart.				*Kelly's Heroes* ★★★ (1970, War) (DVS)		
	628	584 43 SPIKE	Jesse James Is a Dead Man		*Today You Die* (2005, Action) Steven Seagal.				CSI: Crime Scene Invstgtn.		Amazing Video
	522	516 45 HIST	Tank Overhaul		NCIS "Suspicion"		Tank Overhaul		Finding the Fallen		NCIS
	627	528 46 SPACE	*Solar Attack* (2006, Science Fiction) Louis Gossett Jr..				Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *My Girl* ★★★ (1991, Drama)			*Sleeping With the Enemy* ★★ (1991, Suspense)				*My Girl* (1991, Drama)	
	619	525 49 TROP	North of 60		Once a Thief		Carlawood (N)	Prod. Parker	Ground Up		Smarter
	600	564 50 HGTV	Marriage	My First Place	House Hunters	House Hunters	Holmes on Homes		Marriage	Income Prop.	My First Place
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Taking Stock		Market Call		Headline	Market Call	Berman's Call	Money Talks	Taking Stock
	526	507 92 VIVA	The Closer "Round File"		Museum Maestros		Mediums	In Dreams	Judging Amy		Most Haunted
	269	350 93 APTN	MYTV	The Mix	Miywayawin	Metcom	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	- 94 MCP	World News	News	Banquet	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy-Entertain
	571	581 100 MMM	I'm a Celebrity		Entourage	Gene Simmons	I'm a Celebrity, Get Me Out of Here!				Entourage
	570	580 101 MM	Shot at Love-Tila Tequila		MuchNews	Video on Trial	One Tree Hill		Shot at Love-Tila Tequila		MuchNews
	581	566 102 MTV	16 and Pregnant		16 and Pregnant "Maci"		MTV Live	After	The Real World		16, Pregnant

critics' corner

Rules of Engagement
You've done it: accepted an invitation and then tried to wiggle out of it when something better came up. Jeff and Audrey lie to get out of going to a party that Jennifer and Adam are hosting after they get invited to a party they think will be much cooler. At that same party, Russell ticks off former NFL wide receiver Jerry Rice. 9:30 PM on KREM CHTV

The Bachelorette
Jillian Harris, the 29-year-old Vancouver-based beauty who had her romantic dreams crushed when Jason Mesnick passed her over in the last season of "The Bachelor," doesn't have to worry about history repeating itself: She's the one making her choice for her romantic mate as the hit reality series closes out its latest season. 9 PM on CKAL KXLY

Guilt by Association
Award-winning actress Mercedes Ruehl stars in this 2002 made-for-cable drama as a woman who discovers her boyfriend is a drug dealer when she is brought up on drug charges. Wrongly convicted and forced to leave her children in the care of her sister (Alberta Watson), she battles for her freedom. 11 PM on W

Kutcher says Barton's fine

Despite Mischa Barton's week-long stay at a L.A. hospital psychiatric ward, Ashton Kutcher claims the actress is "doing great" and is headed to New York to work on her new show, The Beautiful Life, which Kutcher is producing. METRO WORLD NEWS

Celebrity Buzz

LeAnn's marriage over?

BREAKUP LeAnn Rimes opened up about relationships gone wrong during a performance in Utah Saturday, usmagazine.com reports.

"It is inevitable that sometimes in a relationship, you will have your heart broken," said the singer.

Rimes, 26, was not wearing her wedding ring on stage.

On Saturday, a source told Us that Rimes and Sheremet are "leading separate lives … but still in each other's lives as best friends. They are not divorcing yet, but working though things and taking time apart."

METRO NEWS SERVICES

John having crisis of faith?

FALLOUT Friends of John Travolta are concerned for the reclusive star's health. The actor has been taking midnight drives in a golf cart alone across his Jumbolair estate in Florida, femalefirst.co.uk reports.

He is said to be unable to sleep, grief-stricken over the recent death of his teenaged son, Jett.

The late-night drives are a regular occurrence, according to one local resident.

A neighbour said: "We used to see him driving around on a buggy with his son. Now it's just John by himself."

Jett died after suffering a seizure while on a family holiday in the Bahamas in January.

Since the tragedy, Travolta has admitted Jett was suffering from autism, going against Scientology, which does not acknowledge autism as a medical condition.

After his death, it was claimed Jett may not have been taking conventional medication for the condition, but rather detox programs and vitamins.

It is also rumoured Travolta is thinking of leaving the religion after 35 years, because his faith has been so "deeply shaken" by his son's death.

METRO NEWS SERVICES

Kate coming to terms with split

BIG STEP As her estranged husband Jon Gosselin gallivants around New York City and the Hamptons with other women, Kate Gosselin has taken a more subtle step toward a new life: She's removed her wedding band, people.com reports.

The reality star was photographed Friday for the first time without her ring during a coffee run near her Pennsylvania home. Just last month, removing the ring seemed like a symbolic gesture that she was not yet ready to make. "I haven't taken off my ring," she told People at the time. "It would devastate my kids. It's not necessary. I was looking at it while I was in the shower this morning, and I thought, I'm not taking it off. I'm not ready."

METRO NEWS SERVICES

Usher's ex is no gold digger: Pal

IN HER DEFENCE Usher's estranged wife isn't a gold digger, insists her friend, femalefirst.co.uk reports.

Tameka Foster — who has two children, 19-month-old Usher V and eight-month-old Naviyd Ely, with the musician — is tired of rumours suggesting the makeup artist only married Usher to get her hands on his fortune.

Nyeisha Dewitt, Foster's best pal, said: "To say that she's a gold digger … that's just not the case.

"People say that she just had a baby so that she could get paid. Why can't you just be a regular person ... then just fall in love with someone?"

METRO NEWS SERVICES

Vanessa settles into new mansion

GROWING UP Vanessa Hudgens appreciates a clean house after becoming a homeowner, femalefirst.co.uk reports.

The actress recently moved into a six-bedroom, $2.75-million US mansion and is beginning to realize how difficult she made life for her mother.

She said: "There is a struggle to keep the place clean. I'm always in my kitchen scrubbing down the counters and doing the dishes."

The 20-year-old added: "The best thing about living alone is being able to have my friends come over whenever."

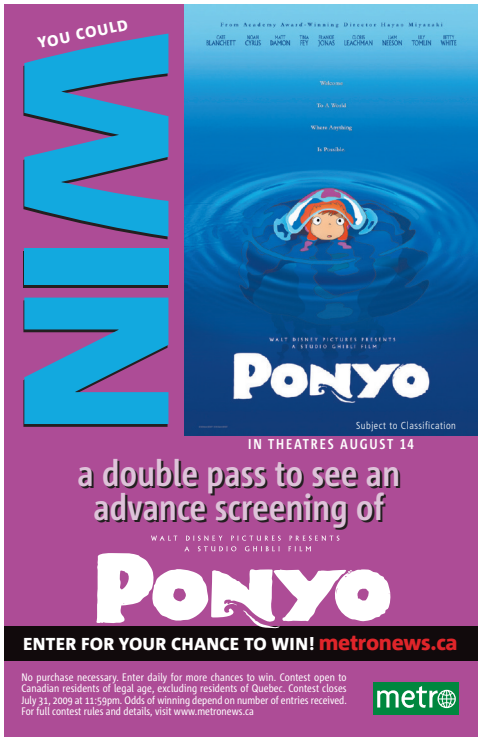
METRO NEWS SERVICES

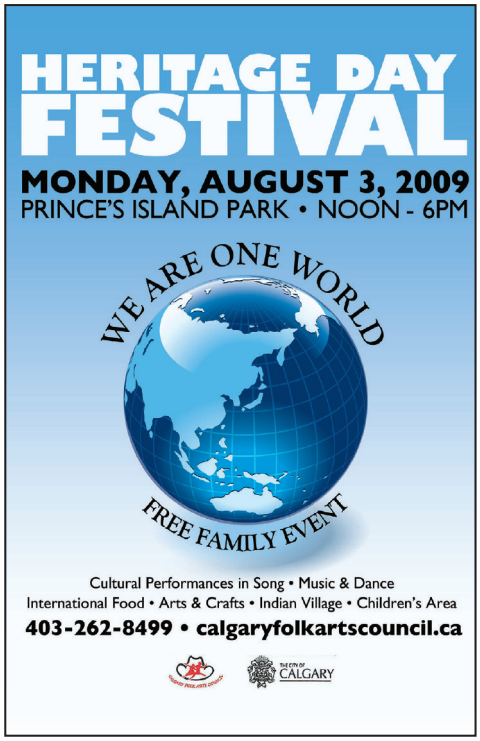
Ex-vegan Paltrow cooks a chicken

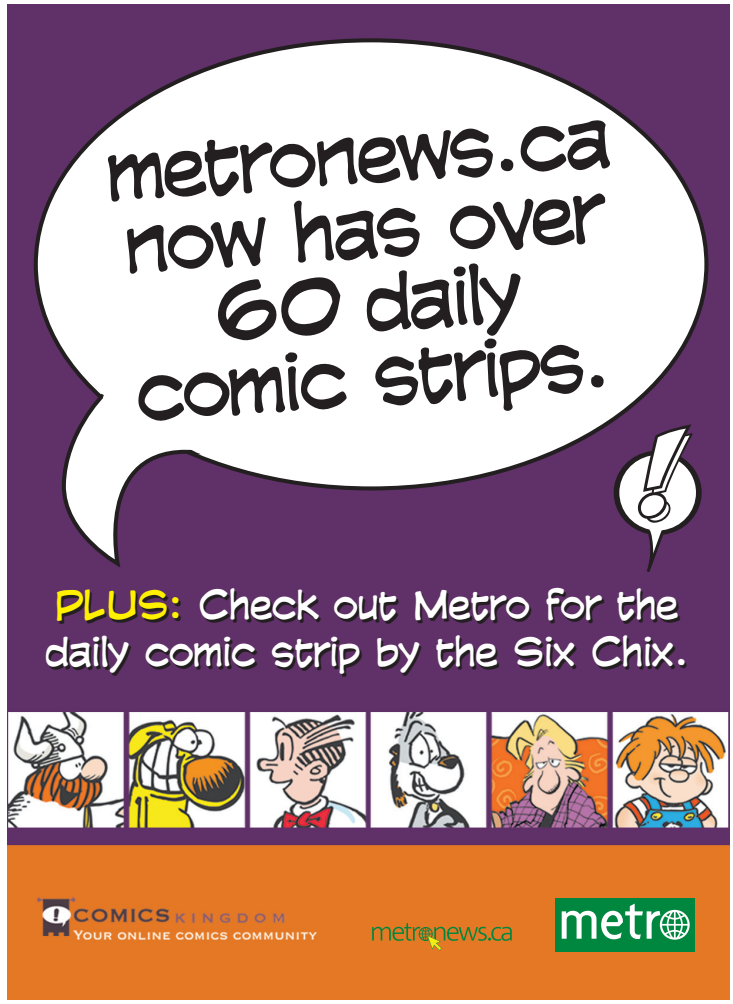
CHANGE OF HEART Gwyneth Paltrow, a previously devout vegan — who claimed last year that she hadn't eaten meat in 15 years — posted a cooking video recently to her website, Goop, in which she prepares roast chicken. In it, she passes on her grandmother's tips before deboning the bird on camera.

METRO WORLD NEWS

GETTY IMAGES





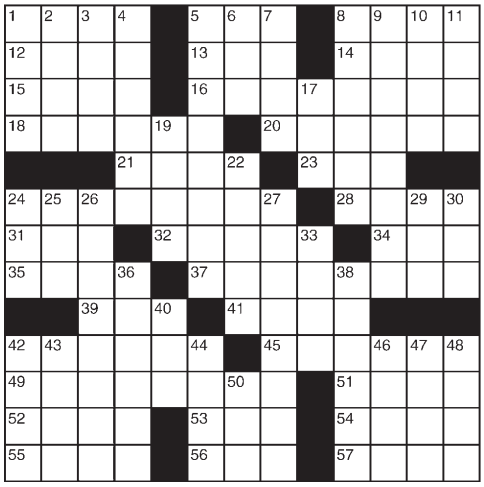


Today Mostly sunny 27 C / 11 C
Tuesday Mostly sunny 22 C / 11 C
Wednesday Mostly sunny 22 C / 9 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4						6	1	
2				7	5		8	
	1							
			5		3	9		
	7	3	8		1	4	2	
		5	7		9			
							3	
	3		6	8				1
	8	4						2

ACROSS

1 Graceful bird
5 Crafty
8 Being (Latin)
12 Honolulu's home
13 Nay canceler
14 Author Bellow
15 United nations
16 Certain lenses
18 First U.S. space station
20 Chopping spree?
21 Cupid's alias
23 Scepter
24 Manicurist's concerns
28 Had on
31 Simile center
32 Ravi Shankar's instrument
34 Charged particle
35 Dull sound of impact
37 Office work areas
39 — Aviv
41 Mexican money
42 Headache aid
45 "The Colbert —"
49 Handcuffs
51 Entreaty
52 Tarzan's clique
53 Eggs
54 Verve
55 Protuberance
56 Kitten's comment
57 St. Louis team

DOWN

1 Weeps loudly
2 Stroll
3 "Hi, sailor!"
4 Cell centers
5 Representative
6 Cancer, —, Virgo
7 Tug
8 Money set aside
9 Dressing ingredient
10 Fat
11 Otherwise
17 Rowing need
19 Curved lines
22 Arrangement
24 Garfield or Heathcliff
25 Show to a seat, slangily
26 Got rid of slack
27 Workshop cutter
29 Caviar base
30 Em halves
33 Obey reveille
36 Lower in status
38 Kettle material
40 Varnish ingredient
42 "— Old Cowhand"
43 Mafia boss
44 Grab (onto)
46 Earthenware pot
47 500 sheets of paper
48 Catches some rays
50 Previous night

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	M	C		P	A	W	N		C	U	R	L		
B	I	O		E	C	H	O		E	S	P	Y		
U	N	D	E	R	T	O	W		L	A	M	E		
T	H	E	R	M	O		I	R	E					
			A	I	R		S	U	B	W	A	Y		
B	L	A	S	T		F	E	E		O	R	E		
R	O	V	E		S	I	R		R	O	L	L		
A	G	O		M	A	X		A	E	S	O	P		
D	O	W	N	O	N		M	R	S					
			A	D	D		A	G	E	O	L	D		
O	B	I	T		B	E	L	O	W	P	A	R		
P	A	C	T		O	A	T	S		A	V	E		
T	R	E	Y		X	R	A	Y		L	A	W		

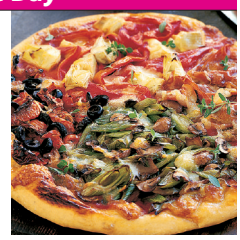
3	9	5	4	6	1	8	2	7
4	2	8	9	7	3	6	5	1
7	6	1	2	5	8	9	4	3
5	4	7	1	8	2	3	6	9
2	1	9	6	3	5	7	8	4
6	8	3	7	9	4	2	1	5
8	5	4	3	2	7	1	9	6
1	7	6	8	4	9	5	3	2
9	3	2	5	1	6	4	7	8

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca

Metro Recipe of the Day

Four Seasons Pizza



INGREDIENTS:

PIZZA DOUGH

2 1/2 cups (625 ml) white bread or plain flour
7 g sachet dried yeast
1/4 tsp (1 ml) salt
2 tbsp (25 ml) olive oil
Between 1/4 and 1 cup (about 200 ml) tepid water

TOPPINGS

5 oz (150 g) baby leeks, trimmed and sliced
4 oz (125 g) mushrooms, sliced
1 tbsp (15 ml) white wine vinegar
4 large grilled red pepper pieces, drained and thickly sliced
2/3 cup (150 ml) canned artichoke hearts, drained and quartered
1 garlic clove, finely chopped
2/3 cup (150 ml) tomato paste
1 tbsp (15 ml) tapenade
1 oz (50 g) prosciutto, thinly sliced
1/4 cup (50 ml) pitted black olives, sliced
1/2 cup (125 ml) semi-dried tomatoes, chopped
1/2 cup (125 ml) grated mozzarella cheese
A few fresh sprigs of oregano

METHOD:

1. Mix flour, yeast and salt in large bowl. Make well in centre and stir in olive oil with enough tepid water to make smooth dough. Turn dough out onto lightly floured surface and knead five minutes until smooth and elastic. Place dough back in rinsed-out and lightly oiled bowl, then cover with damp dishcloth or oiled plastic wrap and leave in warm place for 1 hour or until doubled in size.
2. Meanwhile, preheat oven to 400°F (200°C) and prepare toppings. Put leeks in pot with mushrooms and vinegar, cover and cook on high heat 3–4 minutes, shaking pot occasionally, until softened. Mix peppers with artichokes. Mix garlic into tomato paste.
3. Turn out risen dough onto lightly floured surface and knock back, knead lightly, then roll out or press out with knuckles to about 12in. (30–32 cm) round on lightly greased baking tray.
4. Spread tomato paste mixture evenly over pizza base, then pile leeks and mushrooms over one-quarter of dough and peppers and artichokes over second quarter. Over third quarter, dot tapenade and scrunch prosciutto on top. Spread olives and tomatoes over last quarter. Sprinkle cheese over whole pizza.
5. Bake pizza 30 minutes until golden around edges and lightly browned on top. Scatter some sprigs of oregano over pizza, cut into slices and serve piping hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
No matter how many serious things may be going on in your life at the moment you are determined to go out and have a good time.

TAURUS ♉
APRIL 21-MAY 21
You may be in the middle of a winning streak but don't take your good fortune for granted.

GEMINI ♊
MAY 22-JUNE 21
You will feel good about yourself today, but one thing you won't feel is the desire to do anything strenuous, so don't overdo it.

CANCER ♋
JUNE 22-JULY 22
You like to ponder the big questions of life but today you must put them to the back of your mind and focus on more practical issues.

LEO ♌
JULY 23-AUG 23
The Sun in your sign will make it easy to believe that all things are possible — as indeed they are — but don't get carried away.

VIRGO ♍
AUG 24-SEPT 22
You'll find it easy to get your own way today: Other people seem mesmerized by your glamour and will do whatever it takes to please you.

LIBRA ♎
SEPT 23-OCT 23
The more you look at the world around you the more you will realize there is a pattern to your existence.

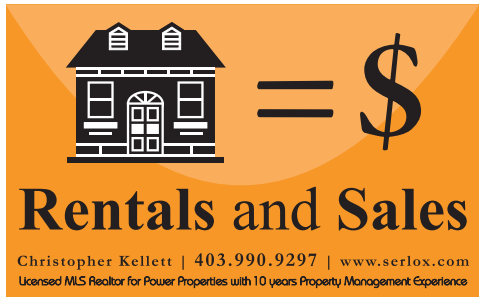
SCORPIO ♏
OCT 24-NOV 22
It's not like you to be so free and easy with your cash but you seem determined to lavish gifts on everyone.

SAGITTARIUS ♐
NOV 23-DEC 21
Reach out and touch someone special today. Let them know that your feelings for them are as strong as ever.

CAPRICORN ♑
DEC 22-JAN 20
You may be desperate to make a good impression on people who can help you career-wise, but don't run yourself into the ground.

AQUARIUS ♒
JAN 21-FEB 18
Venus, planet of affection, makes a perfect angle to Jupiter in your birth sign today, so you will be lucky in love and lucky with money.

PISCES ♓
FEB 19-MARCH 20
You've had a lot on your plate in recent weeks and may have been too busy to spend much time with your nearest and dearest.



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